

# **TRICARE®** Smoking Cessation Program

TRICARE and the Department of Defense offer resources to help you quit tobacco

Smoking can cause heart and lung disease and cancer. It can also increase your chances for hospitalizations, missed workdays, failed fitness evaluations, and impaired night vision. Knowing these facts, you may want to quit, but quitting can be hard. It may take several attempts to quit smoking. TRICARE is dedicated to helping active duty service members, veterans, retirees, and their families succeed in their attempt to quit smoking. You can get the assistance you need to break the smoking cycle using these resources:

- TRICARE-covered smoking-cessation medications
- TRICARE's Smoking Quitline—a telephone support and referral service with trained smoking-cessation coaches
- The Department of Defense's (DoD's) <a href="www.ucanquit2.org">www.ucanquit2.org</a>—
  <a href="https://aww.ucanquit2.org">a Web site with training and a wide range of tools to help you become tobacco-free</a>

Through these free services, you have access to a comprehensive collection of smoking-cessation tools. You can also find more information online at <a href="https://www.tricare.mil/tobaccocessation">www.tricare.mil/tobaccocessation</a>. Another program offering information and resources for quitting tobacco is Operation Live Well, a DoD program that promotes the benefits of making healthy lifestyle choices. For more information, visit <a href="https://www.militaryonesource.mil/olw">www.militaryonesource.mil/olw</a>.

## **SMOKING-CESSATION MEDICATIONS**

To help you quit smoking, TRICARE covers smoking-cessation medications including prescription and over-the-counter (OTC) medications. Covered smoking-cessation medications are available at no cost through military treatment facility (MTF) pharmacies and TRICARE Pharmacy Home Delivery. Smoking-cessation medications are not covered when purchased at retail pharmacies.

Covered smoking-cessation medications are available in the United States for all TRICARE beneficiaries age 18 and older (who are not eligible for Medicare). Overseas, the medications

are available to active duty service members and their dependents (who are enrolled in TRICARE Overseas Program Prime) at MTF pharmacies and through home delivery (where available) including the U.S. territories of Guam, Puerto Rico, and the U.S. Virgin Islands.

You must have a prescription from a TRICARE-authorized provider for any smoking-cessation medication including OTCs. You do not need to be diagnosed with a smoking-related illness to use smoking-cessation medications.

TRICARE covers the following smoking-cessation medications at no cost to you:

- Varenicline tablets (brand name Chantix)
- Bupropion SR tablets (brand name Zyban and generics)
- Nicotine nasal spray (brand name Nicotrol NS)
- Nicotine inhalation system (brand name Nicotrol)
- Nicotine transdermal (brand names Nicoderm CQ and Habitrol)
- Nicotine gum (brand names Nicorette, Nicorelief, and generics)
- Nicotine lozenge (brand names Nicorette, Commit, and generics)

If you plan to fill your smoking-cessation medication prescription at an MTF pharmacy, please call ahead to check availability and to see if your MTF requires participation in a smoking-cessation program or class.

TRICARE limits coverage of smoking-cessation medications based on "quit attempts." Use of smoking-cessation medications for 120 days is considered one quit attempt. TRICARE covers two quit attempts each year, but may cover a third quit attempt with physician justification. If you also receive smoking-cessation counseling that overlaps your covered medication use by at least 60 days, it is considered a single quit attempt.

#### COUNSELING SERVICES

Smoking-cessation counseling is covered for all TRICARE beneficiaries age 18 and older who are not Medicare-eligible and who reside and receive counseling in one of the 50 United States or the District of Columbia. Counseling sessions must be conducted by a TRICARE-authorized provider. For more information, visit www.tricare.mil/quittobacco.

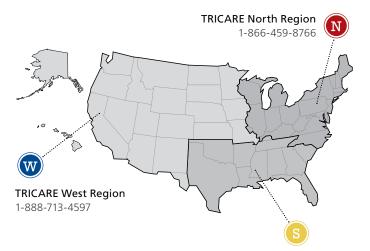
## **SMOKING QUITLINE**

When you are ready to quit smoking, help is only a phone call away. All eligible beneficiaries can receive assistance with smoking cessation through TRICARE's toll-free Smoking Quitline, available 24 hours a day, 7 days a week (*including weekends and holidays*). The Smoking Quitline is available to TRICARE beneficiaries in the United States who are not eligible for Medicare.

Current smokers who want to quit or former smokers concerned about a relapse can speak with a trained smoking-cessation coach who will determine each individual's stage of the smoking-cessation process and inform the smoker about the availability of resources to quit smoking or remain smoke-free. Through the resources associated with the toll-free Smoking Quitline, callers can develop a quit plan to help them quit smoking or prevent a relapse.

Get started with your quit plan today by calling the Smoking Quitline that serves your region, shown on the map below, or by requesting educational materials and other resources about tobacco cessation available online or by U.S. mail.

# **TRICARE Smoking Quitline Regional Numbers**



TRICARE South Region 1-877-414-9949

#### **UCANQUIT2 WEB SITE**

All TRICARE beneficiaries can get smoking and smokeless tobacco-cessation support through DoD's comprehensive Web site, <a href="www.ucanquit2.org">www.ucanquit2.org</a>. The site is part of DoD's "Quit Tobacco—Make Everyone Proud" campaign. It offers interactive, Web-based tobacco-cessation training, live support from trained tobacco-cessation coaches, quit plan and calendar, text quit tips, savings calculator, games, and much more.

- Train2Quit and beat the odds—Web-based interventions have the potential to more than double long-term quit rates. Train2Quit is an online support system that prepares tobacco users to quit for good using interactive components such as quit tools, self-assessment questionnaires, quizzes, and activities. The system features a customizable quit plan that shows individuals how to beat cravings, overcome weight gain, and cope with the effects of nicotine withdrawal. A self-paced system, Train2Quit provides users the knowledge and confidence needed to effectively quit tobacco.
- Quit plan and calendar—You can create your own personal, step-by-step quit-plan strategy, complete with a calendar to track progress and record the milestones of quitting. You will identify your own reasons for quitting, get tips on how to pick a quit date, find out how to overcome triggers, and rally support from friends and family.
- Live chat to answer your questions—With the live-chat feature, you can find around-the-clock, personalized online support. You will receive live support from expert coaches and those who have quit or are quitting tobacco. Ask an expert a question at any time or join a real-time group chat with a coach. You also can get Quit Tips delivered regularly by e-mail.
- Calculator to add up your savings—See how much money you can save by quitting smoking or chewing tobacco.
- Games to overcome cravings—Most tobacco cravings last only three to five minutes. The Web site offers games that you can play as a method of distraction when cravings hit. The site features Texas Hold 'em Poker, Kiss Me You Fool, Forgotten Treasures, Word Challenge, and Avatar.
- Blogs, articles, and more—DoD's <a href="www.ucanquit2.org">www.ucanquit2.org</a> also provides information, news articles, podcasts, RSS feeds, widget updates, and special monthly features. Users have the opportunity to exchange information through the site's Quit Blog and electronic bulletin board or link to the campaign's Twitter, Facebook, MySpace, and YouTube pages.

### FOR INFORMATION AND ASSISTANCE



N TRICARE North Region

Health Net Federal Services, LLC TRICARE Smoking Quitline 1-866-459-8766



S TRICARE South Region

Humana Military, a division of Humana Government Business TRICARE Smoking Quitline

1-877-414-9949



TRICARE West Region

UnitedHealthcare Military & Veterans TRICARE Smoking Quitline 1-888-713-4597

#### An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military treatment facility guidelines and policies may be different than those outlined in this product. For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.